

Forming health culture of bachelors of education by means of an academic course

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Abstract

© 2016 Sazanova. In Russia the system of spreading health-culture among the young generation, the students, has not been formed yet, which makes the paper topical and up-to-date. The young generation is characterized by a low level of education and professional training efficiency in healthy life-style and health culture. It has caused depreciation of the concepts "health" and "healthy life-style", they have been excluded from the value system of the young. Deplorable health condition of contemporary students was the reason that made the state authorities shift the national policy priorities and improve and upgrade valeological knowledge. Thus the paper aims at showing the ways of spreading health-culture by means of a special academic course. The key research methods are the following: health monitoring of the future Bachelors of Education, analyzing normative documents, getting together and generalizing the facts, making a pedagogical experiment, and forming the informational field for the theoretical grounds of health-culture. The paper presents the results of physical health monitoring of students who are future teachers, it reveals the ways of forming health-culture by means of an academic course. The necessity of improving valeological knowledge of the students and providing the bases for protecting and improving health of the future Bachelors of Education is explained. The research material has a practical value for the headmasters, teachers, and students of higher educational establishments, as well as for the scientists whose research sphere deals with students' health condition and the ways of its protecting and improving.

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Keywords

Health culture, Health diagnosis, Health protection, Students' health, Valeological knowledge